The homoeopathic surgical adviser and traveler's companion : containing also the treatment in cases of poisoning.

Contributors

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SURGICAL ADVISER

THE

HOMŒOPATHIC

SURGICAL ADVISER

AND

TRAVELER'S COMPANION;

CONTAINING ALSO THE TREATMENT IN

CASES OF POISONING.

PHILADELPHIA:
F. E. BŒRICKE, 511 CHESTNUT STREET.
1859.

PREFACE.

This little work is intended to give clear and easily understood instructions for the treatment of accidents, when no medical attendance can be procured, or when the accidents are of such a nature that professional aid is not deemed necessary. In every serious case of accident, a surgeon should be sent for immediately—until his arrival the cases should be treated according to the rules herein laid down. A surgeon should also be consulted in slight cases, which do not get well in a reasonable time, under the treatment recommended in this work.

For much of the matter contained in the following pages, the author is indebted to two of the best surgical works of the old school, and to several homœopathic works; he is also under great obligations to the personal advice of some of the best homœopathic practitioners of this city.

The appendix contains some remarks on Sea-sickness, a few words on complaints induced by traveling in railroad cars or carriages, and the treatment in cases of poisoning.

Marshal Hall's "ready method" of inducing artificial respiration, will be found fully explained.

A. Z., M. D.

Philadelphia, Feb., 1859.

BURNS AND SCALDS.

By *Burns* in general, we mean the injuries done to our bodies by the direct contact or too near approach of hot or burning substances; if these substances are liquids we call the injuries *scalds*. The effects of intense cold, corrosive chemicals, acids as well as alkalies, are very like those created by hot substances.

The following four classes of burns are based upon the degree of the heat, the length of time the parts have been exposed to the heat, and the tenderness of the injured parts:

1. *Burns with superficial inflammation*, merely redness of the skin, but no formation of blisters; no fever, except when the extent of the burn is very great, or in very irritable persons. The redness of the skin disappears in a few hours or days, the upper skin peels off.

2. *Burns* with more inflammation and *formation of blisters*. They are generally caused by

hot liquids; there is sometimes fever. The blisters either dry up, the fluid in them being absorbed, or if opened and the fluid is emptied, they dry up and new skin is formed, or the wound suppurates. No scar is left by this class of burns.

3. *Burns with violent, deeply penetrating inflammation, and destruction of the true skin and cellular tissues.* They are caused either directly by a burning substance, or a longer contact of hot substances, particularly hot fluids. These burns are characterised by grey, yellowish or brown spots, which are soft, insensible to slight pressure, but painful when hardly pressed upon; on adjoining parts blisters appear, which are filled with a brownish or reddish fluid; the surrounding parts are very red and much swollen. There is generally fever. Six or eight days after the injury, the destroyed parts slough, they are cast off, an ulcer is formed, and the wound heals by granulation and leaves a white shining *scar.*

4. *Burns* in which the heat has *destroyed the skin, cellular tissues, and muscles to the bone, or in which a whole part of the body is burnt to a*

coal. They are caused by long contact with fire, red-hot or melted metals and boiling fluids. The destroyed part, called "eschar," is perfectly insensible, and, if made by fluids, is soft, brown or yellow; if caused by direct fire, or dry hot bodies, brown or black, dry and hard. The surrounding parts are much inflamed, very painful, and often covered with blisters. The eschar is cast off by suppuration of the surrounding parts, a deep ulcer is formed, leaving a deep-seated, hard and immovable *scar*, which often interferes with or completely prevents the movement of the parts. If a part has been completely burnt to a coal, a stump, of course, will be left.

The danger from burns is great in proportion to the depths, and particularly to the extent of the injury. It is a rule admitted by nearly all surgeons, "that a burn of the first and second class covering *one-half* the body will be likely to prove fatal; that one of the third class occupying *one-fourth* of the body, will most likely terminate in the same manner, whilst the fourth class will be apt to produce death if only one square-foot of the

body is affected." Severe and extensive burns are apt to cause high fever, restlessness, nausea, vomiting, diarrhœa and delirium. The pains may be so excessive as to cause convulsions in irritable persons.

The most frequent and severest burns are perhaps caused by *burning fluid.* In spite of the almost daily and often fatal accidents of this kind, people will continue to use fluid-lamps—infernal machines, as one of the daily papers calls them—carelessly; filling a fluid-lamp while burning, is as dangerous as going with a lighted candle near an open keg of powder; people forget, or are not aware, that the vapor arising from burning fluid takes much easier fire than the fluid itself. The fluid, in a lamp that has been burning, is always warm and gives off a great deal of vapor. It should be a rule in every house-hold to dismiss any servant who ever attempts to fill a fluid-lamp whilst burning.

Persons, particularly females and children, *whose clothes have taken fire, should immediately lie down upon the floor,* and roll the carpet, rug,

table cover, or something of the sort around their body, or, if nothing of the kind is at hand, they should try to stifle the flame between their body and the floor. If a man is present, he should at once pull off his coat and wrap it around the burning person who is lying upon the floor. The upright position is the worst, for it allows the flame to spread and to reach the neck, face and head. Running about is the worst of all.

Treatment —The best remedy for burns of the first class is dry heat, applied by holding the injured part as closely as possible to the fire. This, of course, cannot be done in all cases. For burns of small extent on the hands, there is no better remedy than to cover them with collodium, by means of a camel's hair brush; or by a solution of gutta percha in chloroform, or in oil of turpentine, or by any kind of varnish, even glue will answer; these applications will at first cause an increase of pain, but that will soon cease. For more extensive burns use warm spirits of wine, brandy, &c. For superficial burns on tender parts, the mouth or tongue for instance, *Glycerine* is very

serviceable; apply it with a camel's hair brush. Glycerine can be had in all drug stores; it is a clear, thick, sweet, and perfectly harmless fluid, and can be mixed with water in all proportions. It may also be used instead of water in diluting the Tincture of Cantharides, one part of the tincture to ten parts of Glycerine. It has the very valuable property not to dry when exposed to the air, it keeps the parts it is applied to constantly moist and soft.

The best and truly homœopathic remedy for burns of all classes, particularly to allay the pain, is the *Tincture of Cantharides;* ten drops of it to half a tumblerful of water, applied by rags or lint, which should be kept wet with it.

The blisters, in burns of the following classes, should be opened with a pin or pair of fine scissors, to let out the fluid, but the skin should not be removed; in addition to the above remedies, *raw cotton* (carded) may be used; split wadding is most convenient; it should be applied in several layers, and if the burn suppurates, the upper layers only should be removed, the lower one remaining

until the wound is healed. The cotton should be used immediately after the wound is received, and before any other application has been made.

Soap is another good remedy for this and the following classes of burns; white castile soap should be used in preference to other soaps, scrape and mix it with warm water to a thick salve, which spread upon soft linen or muslin, and cover with it the whole burned or scalded surface. Dress the wound every twenty-four hours, by carefully removing the old plaster and replacing it immediately by a fresh one, without washing or interfering with the wound.

Flour is another excellent domestic remedy, dust it over the wound to the thickness of ¼ or ½ inch; it is very serviceable in burns or scalds which do not suppurate too much, for the pus mixes with the flour, cakes it, dries it and forms a hard, irregular crust, which lacerates the wound at every movement, and causes a great deal of irritation or even inflammation.

For burns of the third and fourth class *Cantharides Tincture* lotions should be used at first

for the pain, afterwards soap, as stated above, or the liniment of *lime-water and linseed oil*, made by mixing and shaking together equal parts of linseed oil and lime-water. Lime-water is made as follows: Take about an ounce of quick-lime, slack it with a little water, dilute after a while with one quart of water, and keep the whole in well corked, completely filled, bottles; for use pour off *the clear water, without disturbing the sediment of lime.* This liniment should be spread on rags or split wadding, and laid over the burned parts; if the smell of the linseed oil is too offensive, use olive or sweet-oil instead. I have found that the following liniment is *greatly to be preferred*, especially for freely *suppurating burns during hot* weather. Put an ounce of Chloride of Lime into a quart bottle, fill it with water, shake well and let it stand to settle. Mix one part of the clear liquid with an equal quantity of linseed or any other oil, and apply as the former liniment. If the pain from this liniment is at first too severe, dilute the liniment by mixing it with some Glyce-

rine, or the yolk of an egg, until the unmixed liniment can be borne.

For very extensive, deep, and freely suppurating burns, with a tendency to sloughing, the cleanest and most serviceable dressing is that with warm water. It can either be applied by letting it run constantly upon the part, or by soft linen rags or patent lint, kept wet with it. If a freely suppurating burn is on a part of the body that can be kept immersed in water, fill a suitable wooden vessel with warm water, put into it the burned part, and cover it with oil-silk or an india-rubber cloth. The water will be kept in this way at blood-heat; the water should be renewed every twenty-four hours, avoiding as much as possible to expose the wound to the air. This simple treatment has lately been used with the very happiest success in most frightful burns, particularly in several cases where persons were most shockingly burnt by an explosion in a fire-worker's laboratory.

In all cases keep off the air as much as possible, do not, therefore, dress the wound too often, and when dressing it, do not let it uncovered longer

than necessary. Cut off the loose skin, do not let the rag or lint stick to the sore, nor remove the salve which adheres to the sore.

Never use lead-water and ointments of lead, they are always highly injurious, they poison the patient, causing horrible suppuration, ulcers and dreadful scars. The application of lead-water to an extensive burn or scald will often prove fatal. It is generally known that one may, with impunity, suck out the poison from the bite of a rattle-snake, but the smallest quantity of the same poison introduced into a wound will prove fatal. On the other hand we know that lead, used internally, is a dangerous poison, and yet people continue to apply this same poison to extensive wounds caused by burns or scalds.

In all kinds of burns which cause a suppurating wound, great attention must be paid at the time the scar is forming, because of its very great tendency to contract; the parts should be kept in their natural position. The *chloride of lime liniment* is most excellent in preventing the formation of hard, contracted and unsightly scars. The

neighboring parts must be kept apart, to prevent their growing together, as for instance, the fingers.

For burns in the *mouth, throat or stomach*, use glycerine, diluted with an equal quantity of water, or dissolve a few globules of *Arsenicum* in a cupful of water, and take a spoonful occasionally, and keep it for awhile in the mouth, or gargle with it. If *Arsenicum* gives no relief, use *Causticum, Rhus* or *Carbo vegetabilis.*

Burns from sulphuric or any other acid, wash first with a weak solution of soda, wood ashes or very diluted hartshorn; those caused by an alkali or lye, wash with a sour lotion, of weak vinegar for instance, treat them afterwards as other burns.

For burns from phosphor, the best remedy is sweet or any other oil, to be renewed until the pain ceases.

For the fever which sometimes accompanies burns, give *Aconite,* ten to fifteen globules of it dissolved in 6 spoonsful of water, a spoonful every 3 or 4 hours—for the convulsions, give *Chamomilla*, ten or twelve globules dissolved in 8 spoonsful of water, a spoonful every hour or two—the

diarrhœa, which sometimes attends extensive burns, is beneficial for the patient, it should not be interfered with, except when it lasts long after the wound has healed, in this case, medicine should be taken; when the diarrhœa is more frequent between noon and midnight, give two or three globules of *Calcarea* once a day; if more frequent after midnight and in the morning, give *Arsenicum.* If the diarrhœa is attended with much pain in the bowels, give at once a dose of *Pulsatilla* and afterwards *Sulphur.*

The diet should be light, and no stimulants be allowed; frequent exercise in the open air is necessary to restore persons who have been seriously burned. Sudden alterations of temperature, and particularly cold, must be avoided.

WOUNDS.

The scientific definition of a wound is "a solution of continuity in the soft tissues, communicating externally and produced by violence," or in plain language, according to Webster, "a breach of the skin and flesh of an animal, caused by violence or external force." The *pain* experienced at first is due to the injured nerves, that felt afterwards arises from the inflammation; it is more or less severe, according to the kind of violence causing the wound, and to the sensibility of the injured part, and of the individual. The *hemorrhage* is more or less profuse according to the size and number of blood-vessels injured, it is always more considerable in concised wounds than in contused and lacerated ones.

Wounds *heal* in one of the two following ways: 1st. If the injured parts have not suffered by contusion, if the edges of the wound can be brought

into opposition and kept so, and if the inflammation is not so great as to cause suppuration, the wound heals by "*the first intention*" (by immediate union or adhesive union). 2d. If the edges of the wound cannot be brought together, or if it fails to heal by the first intention, it will suppurate, new substance will be formed under a cover of pus; it will heal by the "*second intention*" or by *granulation*, and leave a *scar*.

Wounds are divided into: *Incised*, *lacerated*, *contused*, *punctured*, *poisoned* and *gunshot wounds*. For definitions see further on.

General Treatment.—Examine the wound, arrest the bleeding, remove foreign bodies, dress the wound, and attend to other accidental or consequential symptoms.

1st. In all wounds the *hemorrhage* requires our greatest attention; if it is profuse, the stopping of it is the first thing to be done. The bleeding from small wounds will soon stop of itself; if only small blood-vessels are cut, the application of cold water or ice will generally arrest the bleeding. Kreosot, one drop to a tumblerful of water, may

be used with great advantage for the same purpose. If a large *artery* is injured, in which case the blood is bright red and squirts out as the pulse beats, there is great danger, and no time should be lost to stop the bleeding. If the patient faints, leave him at rest; fainting is beneficial, for in this state the blood flows less rapidly, and is more apt to congeal in the wound, especially when cold applications are made at the same time. If he turns quite pale and becomes blue in the face, give a dose of two or three globules of *China*, or a little wine and water, or whisky, brandy, etc., and water.

The readiest way to arrest the bleeding is by *pressure* upon the artery which supplies the part. This can be done by pressing upon the artery *above* the wound, between the wound and the heart, either by the thumb whilst the fingers embrace the limb, or by the padded end of a key, or a similar substance. You will find the large arteries upon the interior side of the limbs, and know them by their pulsations. For continued pressure other means must be used; if you have no instrument, such as a tourniquet, you can make one

with a handkerchief, cork and compress. Place a cork or some similar substance lengthwise upon the artery, upon the cork a compress 2 to 3 inches square and as thick as a finger, and over both and around the limb a handkerchief or bandage, folded like a cravat, which tighten until the bleeding ceases. A still more simple instrument is the "Spanish Windlass," which is prepared as follows: Fold a common handkerchief into the shape of a cravat, roll it into a narrow cord, and tying a knot in its middle portion, carry the cravat around the limb, so that the knot will come over the artery; then tying the two ends loosely together, insert a short stick into the loop, and twist it up until the compression of the artery by the knot, and the constriction of the limb arrest the circulation. In order to arrest the bleeding from a *vein*, (the blood in this case is dark and flows in a constant stream,) make the pressure *below* the wound, and if a large blood-vessel is injured, the pressure should be made above and below the wound. Some people try to arrest the bleeding by piling cloth upon cloth upon the wound, they only conceal the bleeding; others

use a variety of trash, such as punk, cobweb, etc., which are useless and often injurious. The surest way of arresting hemorrhage is by tying up the artery, which, however, must be done by a surgeon. The patient must, of course, keep as quiet as possible, and in an easy position.

2d. *Clean* the wound, remove all foreign bodies, as pieces of clothing, splinters, etc., and also clods of blood. Splinters of bones should only be removed if quite loose, if they are still attached, they should be put in their proper positions, they will either heal or be detached by suppuration.

3rd. *Dressing.*—The means for uniting the edges of the wound are: adhesive plaster, collodium, sutures and bandages. Proper sutures and bandages can only be made by a surgeon, although it is quite easy to sew up a wound with a sharp needle and waxed thread. Remember that the skin is pretty thick, pass the needle from one side of the wound, about ¼ to ½ inch from the edge, to the other, and tie the stitch so that the knot falls on one side, and not over the wound. The stitches should be tied separately, and not be closer

than 3 to 4 lines, generally not so close; make the first stitch in the middle of the wound; strips of adhesive plaster may be applied between them to take the strain off. The threads of the suture should be removed between the third and fifth day. Adhesive plaster should be cut into long strips $\frac{1}{4}$ or $\frac{1}{2}$ inch wide. It is best done in the following way: Let an assistant take hold of one end of the sheet of plaster, and keep it tense, take hold of the other end, make a slight cut into it in the direction of the fibres of the muslin, and holding the scissors partly closed, push them forward; the edges so cut will be even. In order to soften the plaster for use, hold the back of each strip against a vessel filled with hot water; fasten one end on one side of the wound at a proper distance from the edge, bring it across so as to keep the edges accurately together, and fasten the other end of the strip on the other side of the wound. Recollect that the plaster is not to be used to *cover* the wound, but to *bring the edges together*. Apply the first strip over the middle of the wound. If the plaster is to be applied to parts covered with

hair, they must first be shaved. For small, superficial wounds, Arnica Plaster will answer quite well.

In removing the strips take hold of both ends, and raise both ends at the same time carefully towards the wound, avoiding thus to reopen the wound. If possible leave the dressing until the wound is healed; in summer, however, and when the wound suppurates freely, the dressing should be changed frequently. Collodium is sometimes useful in slight wounds, particularly in abrasions of the skin; apply it with a camel's hair brush. It is sometimes convenient to unite the edges of a longitudinal wound in the arm or leg by a handkerchief, so cut as to enable one end of it to slip through the opposite one.

For the *fever* that sets in, generally within the first twenty-four hours after the reception of a large wound, give *Aconite*, if the skin is very hot and dry, and the patient restless; *Coffea* if the patient is very irritable and restless; *China* if he has lost much blood. Dissolve a few globules of the above medicines in six spoonsful of water, give a spoonful

every two to four hours, according to the severity of the fever. Remedies for particular cases will be mentioned at the proper places.

a) *Incised wounds* are those made by a clean, sharp-cutting instrument. The pain is generally not very great. Treat them by stopping the bleeding, cleaning and uniting the edges as explained above. Arnica Plaster may be used for small cuts. Cuts on the fingers are conveniently dressed by a piece of twine, or thick thread, wrapt tightly around the finger over the cut, and leavingitund is turbed for a few days. In large wounds rest and proper position of the patient are indispensable. If there is a great deal of swelling and inflammation, cold water should be applied, either by letting it constantly run over the swelling, or by applying it by means of rags kept wet and cold with it. If there is much pain—from nerves being injured—use instead of water a lotion made of one spoonful of *Hypericum tincture* to a tumblerful of water. If there was a loss of substance, a lotion of one spoonful of *Calendula tincture* to a tumblerful of water should be used at once. If, however, such a wound

should fail to unite by the first intention and suppuration set in, warm water is better, but care should be taken not to wash the pus off from the granulations. If the granulations look healthy, and there is no inflammation, the wound may be dressed by lint spread with fresh simple cerate, but no other salve or ointment must be used. Simple cerate is made by melting together two parts of lard and one part of white wax.

b) *Lacerated wounds* are such in which the injury is caused by a rough or dull-edged instrument, as a dull knife, saw, splinters of wood, as from railroad cars, machinery, etc. The edges are uneven, ragged, the bleeding not so free as from incised wounds; they heal generally by granulation, because the edges are injured in such a way that they usually slough, it is therefore generally useless to attempt to unite the edges by sutures or plaster.

Treatment.—Arrest the hemorrhage, clean the wound, remove all foreign bodies and bring the edges of the wound together as far as possible. Apply *Calendula tincture* (one spoonful to a tumb-

lerful of water,) by means of rags kept wet with it, this will answer for the worst pains. Afterwards cold water-dressing alone will be sufficient. *Calendula* has a most wonderful effect in allaying the pain and in healing this kind of wounds.

c) *Contused wounds* are those produced by any cause that inflict a bruise and wound at the same time. They are to be treated as lacerated wounds, except that instead of Calendula tincture *Arnica tincture*, one spoonful to a tumblerful of water, is to be used. If the parts around a contused wound turn red and look like erysipelas, apply a lotion of *Ruta tincture*, one spoonful of the tincture to a tumblerful of water. See contusions.

d) *Punctured wounds* are those produced by a pointed instrument. Deep wounds of this kind are generally very serious, they ought, if possible, be attended to by a surgeon; if a nerve has been cut there is danger of tetanus or lock-jaw. (See below.)

Treatment according to the general rules.—It is very important to prevent the skin from healing before the deeper parts are fully united. If a per-

son has run a nail, fish-bone, splinter of wood or glass, etc., into his foot, these substances cannot always be entirely removed, not even by a surgeon. Into such a wound drop at once a little vulnerary balsam, Peru balsam is best, but Canadian will also answer, and fasten over it a compress Renew the application of the balsam every day until the wound has healed from within. Occasional walking, though it should cause pain, will assist in cleansing the wound. In case of much inflammation apply cold water. If, after the healing of such a wound, violent pain is felt when walking, there is very likely still some foreign substance in the foot, to remove this the following plan has been recommended. Fasten to the sole of the foot a cork-sole, a piece of thick pasteboard or a thin board, with a hole cut in it just w. ere it touches the sore part, and let the patient walk on it frequently; give at the same time two or three globules of *Silicea*, and if no better after a week, two or three globules of *Hepar*. The foreign body will generally soon make its appearance; if you feel something under the skin, cut the skin and take it out.

e) *Poisoned wounds* are those in which, in addition to the wound, there is introduced some poisonous matter; they may be from the stings of insects, from the bites of serpents or rabid animals, the poison may also be from diseased animals The stings of insects, as musquitoes, bedbugs, spiders, bees, wasps, etc., are rarely dangerous, but may become so by their great number, by attacking tender parts, or in children, irritable persons or intemperate people. Smelling of camphor, and the application of cold water are the chief remedies. A good remedy, if it can be borne, is to hold the injured part as closely as possible to the fire, a red-hot coal, cigar, etc., until the pain is removed. The sting of the bee should be withdrawn, the wasp does not leave its sting behind. In these cases the often renewed application of damp earth or clay, honey, salt and water, etc., gives generally relief. In very bad cases, when the patient cannot breathe, let him smell sweet spirits of nitre, ether or chloroform. Before getting these things, try to make the patient breathe fast by making him run between two other persons, or if

that cannot be done, open his mouth, draw his tongue forward, put your fore and middle finger upon his tongue as far back as you can, and press it forward and downward; if he commences to breathe, lessen your pressure by degrees; if he tries to vomit, release his tongue at once.

If inflammation and fever follows a sting in a very tender part, give 2 or 3 globules of *Apis*, if no better in half an hour, *Arnica*, or if that is not sufficient, *Aconite* and *Arnica* in alternation.

BITES OF SNAKES.

All poisonous snakes have in the upper jaw two large, long and movable teeth, the poison fangs. Snakes which have two rows of teeth in the upper jaw, and two rows in the lower one, are not poisonous. If the bite of a poisonous snake has been made through clothing, it is not so dangerous as if made directly upon the skin. The pain is generally shooting or burning, and often so violent as to create short spasms. The part bitten swells rapidly, sometimes to an enormous extent. The following treatment is recommended by Dr. C. Hering in his Domestic Physician. Tie a handkerchief,

ribbon, strap, rope, or similar thing, tightly around the limb, two or three inches above the wound, to prevent the returning of the blood to the heart, and leave it as long as the patient can bear it. Then every endeavor should be made to extract the poison; this is best done by the application of a cupping-glass, frequently renewed, until nothing more exudes from the wound. A cupping-glass may easily be extemporized in the following way: Take a small glass tumbler, dip a piece of paper or cotton into brandy, whisky, or other spirits, eau de cologne or any other toilet perfume will answer, set fire to this and throw it into the tumbler, and apply the mouth of the tumbler immediately over the wound, taking care to press it closely upon the skin, so as to allow no air to enter. If the materials are not at hand, or if the wound is so situated as to prevent the application of cupping-glasses, the wound should be sucked. This can be done without danger, provided the person who sucks has no sore on his lips or mouth. The sucking must be strong and continuous, and the wound must be well drawn open. Whilst suck-

ing, press your hands firmly towards the wound over the adjoining parts, particularly from the side next to the heart. After everything has thus been drawn from the wound, the best external remedy is heat. Whatever can be had soonest, red-hot iron, coals, or a burning cigar, should be brought as near to the wound as possible, without causing violent pains, and without burning the skin. If you have oil or fat at hand, smear it around the wound for two or three inches. If you have nothing else, saliva will do. Whatever oozes from the wound must be carefully wiped away. Continue to apply heat until the patient begins to shudder or to stretch; if this occurs soon, continue the application for an hour if the patient can possibly bear it. After the wound has been treated in this way, rub into it salt and gunpowder, cigar ashes or wood ashes. The patient should be kept as quiet as possible. Give inwardly salt or gunpowder, and for bad symptoms wine or brandy, a spoonful at a time, frequently repeated. If the shooting pains grow worse, if they are in the direction of the heart, if the spot turns blue or

becomes spotted, if vomiting, giddiness or fainting ensues, give immediately two or three globules of *Arsenicum;* if not better in half an hour, give another dose of it. If two or three doses have no good effect, give *Belladonna.*

A common and highly recommended treatment of such cases is to make the patient drink as much brandy, whisky, or rum, as he can; persons are known to have drunk under these circumstances as much as a quart of whisky without becoming intoxicated.

The bite of a mad dog, or other rabid animals, should in the beginning be treated in the same way as the bite of serpents, by the cupping glass and radiating heat, the last should be repeated every day three or four times, an hour each time, or until shuddering appears. After a few days let the wound heal quietly. Sometimes, after seven days or later, particularly when the patient has a slight fever, a small blister will appear under the tongue; have this opened with a pair of finely pointed scissors, and let the patient rinse his mouth with salt water. A physician must, of course, be consulted as soon as possible.

Wounds poisoned by putrid animal substances, by blood, pus, or saliva from animals affected with glanders, malignant pustule, etc., treat by the application of heat and *Arsenicum* as stated before.

f) *Gunsh t wounds* are always serious, and a surgeon should be called as soon as possible. They may show the characteristics of contused or lacerated wounds; the bleeding is generally slight; usually they are followed immediately by a "shock" to the nervous system. The patient turns pale, trembles, is covered with cold perspiration, vomits, feels giddy, faints. The opening made by the entering ball is small, often smaller than the ball, the edges contused, bluish or livid. The opening made by the escape of the ball is larger, often larger than the ball, more or less lacerated. The course of the ball is often marked by a dark red, elevated stripe.

Treatment.—To relieve the consequences of the shock, give some brandy and water, or wine and water, and try to keep up the spirits of the patient as much as you can. Examine the wound, if not too small and deep the finger is the best instrument for doing so; remove all foreign bodies from

the wound, as pieces of clothing, and the ball if you can, but that is not so very important, as many persons carry a ball in their bodies without much inconvenience. The course of a ball is often very curious; in searching for a ball the patient should be put in the same position in which he was when he received the ball. Dress the wound with a soft compress and a loose bandage, and apply *Arnica tincture* and water (one spoonful of the tincture to a tumblerful of water), as long as there is much pain and inflammation; afterwards cold water alone, and if the wound suppurates much, warm water. The patient should be carefully watched, as there is great danger from secondary hemorrhage.

LOCK-JAW.

Lock-jaw may take place after any wound, sometimes it is caused by a very small injury, such as the prick of a pin. It is always very dangerous, a physician should be called at the very first suspicious symptoms, such as spadmodic contractions of the muscles of the neck, difficulty in swallow-

ing, spasms of the muscles of the face, particularly those used in biting—you may, however, try the following remedies. If a patient who is suffering from a wound feels pains in the bowels, without any other cause, give *Staphisagria* and *Colocynthis*, dissolve five or six globules of each in four spoonsful of water, and give them alternately every 2 to 4 hours, one spoonful for a dose. If there is pain and stiffness in the neck, cramp in the joints of the jaw, or in the cheeks near the ears; if there is constant desire to yawn and stretching, give two or three globules of *Ignatia*, especially if those symptoms get worse every time the patient is touched. If Ignatia gives no relief, give *Belladonna*.

LARGE WOUNDS IN THE ABDOMEN.

They are not always fatal as one would suppose; do not despair, even if the whole belly is torn open. If the entrails protrude, replace them as soon as possible, having, if necessary, first cleansed them of sand and dirt by rinsing with warm water. Re-

place those parts first that protruded last, use for this purpose a soft linen towel; if you have to use your fingers, keep them wet with warm water; put the patient in a position in which the replaced entrails press in the least degree upon the wound. When everything is replaced, sew up the wound with as many stitches as necessary, use two needles and as many waxed threads as you want to make stitches, put each end of the thread through the eye of a sharp strong needle, pierce each lip of the wound from within outwards, and support the stitches by long strips of sticking plaster. If the patient is stupid, or stunned, give *Opium;* if much excited, *Coffea;* if he has convulsions, *Ignatia;* if he turns pale, becomes cold, *China;* and in all cases *Arnica* as soon as the first alarm is over. For diarrhœa *Colocynthis*, and if that is not sufficient, that and *Staphisagria* in alternation. Of the above medicines give two or three globules for a dose, and repeat, in serious cases every $\frac{3}{4}$ to 1 hour, in less dangerous cases every 2 to 3 hours.

SPRAINS AND STRAINS.

A sprain is an injury to the parts surrounding the joints, as the ligaments, tendons, etc , caused by violence, but without the displacement of bones from their sockets or articulating surfaces There may also be laceration of the surrounding nerves, muscles and bloodvessels, causing a great deal of pain, discoloration of the skin, swelling and inflammation A bad sprain, particularly that of the wrist or ankle, is always a serious injury; if neglected, it may prove more serious than a fracture.

Treatment.—One of our best allopathic surgeons says in his recent work on Surgery, "it will be necessary for him (the patient) to keep the parts at perfect rest for at least two weeks, and that six weeks, or over three months may elapse before he will recover the perfect use of the joint, if, indeed, he ever recovers it." Under proper homœopathic treatment this time is very much shortened.

The tincture of *Rhus toxicodendron* is the chief remedy, keep the part wet with a lotion of one spoonful of that tincture to a tumblerful of cold water, or a dose of two globules of *Rhus* may be taken internally night and morning, and cold water be used externally. For a sprain of the ankle *Ruta tincture*, one spoonful to a tumblerful of water, should be used in preference to any other remedy. If the parts are discolored, *Arnica tincture* should be used instead of Rhus, at least at first. Any remaining stiffness will be removed by a dose or two of two globules of *Bryonia*. If the swelling about the joint is so soft as to leave a pit when pressed upon by a finger, give *Sambucus*. The injured part should be kept at perfect rest.

Strains.—If lifting or carrying heavy loads, or any sudden exertion of strength has caused pain give *Rhus*, a few globules dissolved in six spoonsful of water, a spoonful two, three or four times a day; if there are sharp pains in the small of the back, worse at every movement of the body, *Bryonia* is better, to be taken in the same way. For the headache, which was not removed by *Rhus*,

give one dose of two globules of *Calcarea*. For nausea, inclination to vomit, with pains in the bowels, give *Veratrum*, which is also the best remedy for an acute pain in a small spot in the abdomen and sickness at the stomach, caused by violent extension and pressure of the abdomen, as in climbing over a high fence, or in wrestling, etc.

DISLOCATIONS OR LUXATIONS.

The removal of a bone from its articulating surface is called a Luxation or Dislocation. It may be simple, or complicated with a wound, fracture, contusion, etc. There is pain from the stretching and laceration of nerves, or from pressure upon them by the new position of the dislocated bone; there is impaired mobility in the joint and a change in the appearance of the joint. This change will at once be seen by comparing the injured and sound limbs.

Treatment.—The reduction of a luxation must

be done by a surgeon, abortive attempts at it make matters worse. Although the sooner the reduction is made the better, there is no necessity for any great hurry. If the dislocation is a complicated one, attend to the complications in the manner explained under wounds, contusions, etc. Cold water, or a lotion of *Arnica tincture* and cold water, may always be applied. There is, however, one dislocation which happens frequently, sometimes from yawning, and which may be easily reduced, namely, the *dislocation of the lower jaw.* To replace it the patient should be placed upon a low seat, the operator should put his thumbs, wrapped in a handkerchief or towel, upon the last molars of the lower jaw, press down his thumbs, whilst with the other fingers he elevates the chin, the bone will then easily slip back into its place with a loud snap. Or pieces of cork may be put between the last molars, and the lower jaw pressed against the upper one; if only one side is dislocated use one cork. After the reduction, the jaw should be bound up with a handkerchief for a few days, and the patient should refrain from biting upon hard

substances, or opening his mouth widely, as in yawning.

CONCUSSION OF THE BRAIN

May be caused by a blow upon the head, a fall, either upon the head or upon the feet, or a violent shock to the whole body; the bones of the skull may be cracked or not. In not very severe cases there is giddiness, dimness of sight, trembling, sickness of the stomach and disturbance of the intellectual functions. In more severe cases the patient will be found lying motionless, insensible, partially unconscious, the limbs relaxed, skin cold, pulse feeble and irregular, breathing difficult and the pupils dilated. This state may last from half an hour to five hours; when the patient begins to recover, there is a gradual return of warmth of the body, the pulse becomes fuller, there is a slight return of color to the lips, the sensibility is partially restored, the patient can be made to answer

questions. He begins now to vomit, and is often much relieved after it, his consciousness returns very gradually. In severe cases he remains unconscious, the body cold, pulse feeble and quick. The respiration is very varied, sometimes very feeble or followed by a deep sigh, and then by an almost total absence of breathing for a few seconds. If the patient does not die in this state, inflammation of the brain may follow, which may terminate fatally in effusion or suppuration.

Treatment.—A few spoonsful of water may always be given immediately after the injury. Apply a lotion of *Arnica tincture*, one spoonful to a tumblerful of water, if there is an external injury; if that is not the case give *Arnica* internally; dissolve eight or ten globules in a cupful of water, and give a spoonful as often as the urgency of the case may require, every quarter or half hour, or less frequently; keep the head elevated. The patient should be kept perfectly quiet and avoid every excitement, the diet be of the most simple kind. Bleeding should never be resorted to; all sensible surgeons of the old school condemn it in

these cases. If active inflammation of the brain sets in, *Aconite* and *Belladonna* are the principal remedies, but it cannot be treated of in a little work like this, it should be treated by a homœopathic physician.

Among concussions of other parts of the body that of the spinal marrow is quite frequent in collisions of railroad trains; when a person is seated in a car, with his back resting against the hard back of a seat, and a collision occurs, the back of the person is violently knocked against the back of the seat, causing a concussion of the spinal marrow. Many sudden deaths, without any apparent external injury, after accidents on railroads, are no doubt the result of such a concussion. *Arnica tincture* and cold water are the principal external remedies If the accident was attended with sudden fright, give first two or three globules of *Opium* and a few hours afterwards *Arnica*. If the patient faints wash his head with cold water and give immediately after the accident a few drops of wine, but if 15 or 20 minutes have elapsed, give two or three globules of *Aconite*.

Pains in the chest, coughing, spitting of blood, pain in the belly, may all be caused by concussion; the best remedy for them is *Arnica*, eight to ten globules dissolved in 6 spoonsful of water, a spoonful every 2 or 4 hours.

BRUISES AND CONTUSIONS,

Accompanied by wounds, have already been treated of under contused wounds. When there is no wound, but only swelling and discoloration of the skin, owing to the rupture of small blood vessels, and the consequent effusion of blood under the skin, the best remedy is *Arnica*. Dilute one spoonful of *Arnica tincture* with a tumblerful of water and apply it to the injured part by means of rags.

For bruises and contusions of every description there is no better remedy known than Arnica. Its prompt effect in allaying the pain, reducing the swelling and inflammation, and causing the speedy disappearance of the discoloration of the injured part

is so well known, that it is kept for sale in all drug stores, it has become a *necessity in every household.*

For bruises on very tender parts an excellent application may be made by mixing one part of Arnica tincture, five parts of Glycerine and five parts of water.

FRACTURES.

A fracture is "a solution of continuity in a bone, caused by mechanical violence or muscular contraction." Fractures have been classified either according to the direction in which the bone is broken, as *transverse, oblique, longitudinal, etc.*, or according to the nature of the injury, as *simple* or *complicated;* a fracture may be complicated with a wound, bruise, etc.

Symptoms.—There is nearly always more or less pain; usually the shape and direction of the limb is altered; the functions of the limb are more

or less impaired, its motion may be diminished or altogether lost, or the mobility may be too great or unnatural. The surest sign of a fracture is what is known as "*crepitation*," a peculiar grating noise or sensation, produced by the rubbing together of two broken surfaces of bone, it has been compared to the impression made upon the senses of touch and hearing by rubbing two pieces of loaf sugar together.

In healing, the ends of a fractured bone are either united by a bony mass called "callus," the bone then becoming as strong as it was before the fracture, or the ends do not unite, but remain movable and a "false joint" is formed. The time for the healing of a fracture depends upon the age and constitution of the patient, the kind of bone broken and other circumstances, it varies from four to twelve weeks.

Treatment consists of the reduction or "setting" of the fracture, dressings to keep the ends of the bone in their proper place and attention to the complications, inflammation, etc. The setting and dressing should be done by a surgeon and that by

a good one, for mistakes made in these cases can hardly ever be remedied. The sooner a fracture is reduced the better, but still it is better to wait even a few days for the arrival of a skillful surgeon than to make mistakes. The removal of a patient with a severe fracture should be done very carefully, without jarring the broken fragments. A door or shutter may be used, but a settee is much better. Before the patient is removed to his room, it is well to ascertain the general arrangement of the house, position of the bed, etc., so that the settee can be carried into the room in such a way that its back is not turned towards the bed. If the thigh is broken, the best way to lift the patient upon the settee and bed is as follows: two strong men should slip their arms under the patient, and grasp each other's hands together by the "sailor's grip;" one pair of hands should be placed under the shoulder and the other under the hip of the patient, whilst another careful person lifts the injured limb. When it is recollected that in some cases the patient will have to lie upon his back for many weeks or months, the necessity of a

properly arranged bed and bedstead is apparent. In the absence of a surgeon or person who knows how to make them, the following arrangement may be used (from Dr. H. H. Smith's Work on Surgery). "Four clothes-props, or similar pieces of wood, may be jointed into a frame; a sacking-bottom stretched over it, a hole made in the centre and tapes tacked along the edges to prevent the sacking-bottom from tearing out. If the size of the frame is such as to project a little beyond the edges of the bedstead, a contrivance is obtained which will answer every purpose. A fracture sheet, with a hole cut into the centre, being laid upon it and the patient is placed on top of the sheet. Then, when he desires to have a stool, the frame may be easily elevated high enough for a vessel to be placed under the hole in the sacking-bottom. In hot weather the patient may be elevated now and then by means of this frame, so as to admit the air to pass beneath him." The changing of a sheet may be easily done by fastening the end of the fresh one to the old one, by now carefully withdrawing the old one, the fresh one will be drawn in its place.

The ends of the fractured bone have in almost all cases slipped one over the other; in order to reduce the fracture it is necessary to draw the two ends one from the other, this is done by extension and counter-extension, they are made by taking hold above and below the joints of the fractured bone. Whilst the ends are drawn sufficiently apart, the surgeon uses his fingers to bring the ends of the fractured bone in their proper place as far as possible. The extension and counter-extension must be continued whilst the fracture is being dressed. The dressing to keep the ends of the fractured bone in their proper place consists of splints of various kind, bandages, etc.

The complications, as wounds, contusions, etc., should be treated as stated under the respective heads. Cold water, or better *Arnica tincture* and water, (one spoonful to a tumblerful of water) should always be applied before a surgeon arrives; internally give *Aconite*, two or three globules every few hours if the patient is very weak or faint. If the pains are very severe, and if they cause convulsions, give *Chamomilla*, dissolve eight to ten

globules in 6 spoonsful of water, and give 1 spoonful; if no better in 15 minutes, give another spoonful, until better or worse again. The *Arnica tincture* should be continued after the dressing. If the bones do not heal readily a homœopathic physician should be consulted.

Fracture of the skull may cause *compression of the brain*, in which case the symptoms are similar to those given under concussion of the brain, with the exception that in compression there is a full and slow pulse, contracted pupil, the breathing snoring or stertorous, respiration very slow, the breath escaping with a peculiar puff from the corners of the mouth; in marked cases of compression the patient is totally insensible. Treatment like that of concussion of the brain.

APPARENT DEATH FROM SUFFOCATION, AS IN DROWNING.

Dr. Marshall Hall's ready method of inducing artificial respiration.

Dr. M. Hall's "ready method" of inducing artificial respirations is so very simple and easy of performance, and its great practical use has been so often and so successfully proved by the severest trials that it should be generally adopted, and it would be a very great oversight even in this small work if it was not fully explained; it will be done in Dr. Hall's words as near as possible.

Dr. M. Hall explains "that when a person is lying upon his back, events occur which render every attempt at inducing respiration absolutely ineffectual; the tongue may fall backward and close the entrance into the windpipe and air passages. Fluids already in the mouth, or regurgitated from the stomach, may not only obstruct the air passage, but be forced or drawn into the windpipe

and so add a new source of suffocation. These obstacles are at once obviated by *putting the subject upon his face.* In this position the tongue falls forward and leaves the windpipe open whilst all fluids will flow from the mouth. The tongue even may be drawn forward. In order that the face may not come in contact with the ground, the patient's wrist is to be carried upwards and placed under the forehead. The weight of the body will press upon the chest and abdomen producing *espiration*, which should be made complete by additional pressure upon the back and abdomen. The weight of the body is then to be removed from the chest and abdomen by *gently turning it on one side, and a little beyond*, placing one hand under the shoulder and the other under the hip of the side moved. In this manner a fair degree of inspiration is induced. These changes should be regularly alternated, about sixteen times in a minute and not more. It is scarcely necessary to add that this mode of respiration must be long and perseveringly pursued. The clothes of the patient may meantime be changed for others, warm and

dry, which must be contributed by the bystanders. For I must now observe that I have all along supposed the patient taken out of the water at a distance from medical assistance. All who are present should be constantly employed, the most able in effecting respiration, of the rest four should seize the limbs with their hands, and rub them with firm pressure upwards. The warm bath is not to be compared with this mode of restoring warmth and improving the circulation if it be pursued with energy." Persons who had been under water for half an hour have been restored to life by continued and unwearied exertions, and a case is recorded where a man was suffocated by a fall of earth, beneath which he was buried for three-quarters of an hour. Respiration was restored after keeping up the "ready method" for an hour and a-half. Afterwards the patient should be kept in a cool place and be made to take deep inspirations voluntarily, and should take active exercise if possible. The treatment of a drowned person is therefore as follows: Expose the body at once on the spot to the open air, if possible to the sun, send for medi-

cal aid, blankets, clothes, etc. Place the body upon his face, with one wrist under his forehead, press one of your hands upon his back and the other upon his abdomen, after two seconds turn the body upon his side, and a little beyond by putting one hand under his hip and the other under his shoulder, after two seconds put him again upon his face, press on shoulder and abdomen, after two seconds turn him on the side and so on, both operations fifteen times in the minute and not oftener. Meantime have the limbs of the body rubbed briskly upward by the bystanders, with their hands, handkerchief, etc. Replace the wet clothes by dry and warm ones supplied by the bystanders. In addition to the above measures you may put a dose of *Tartar emetic* upon the patient's tongue, and dissolve as much of the third trituration of Tartar emetic as will lie on the point of a penknife in a tumblerful of water and use this solution as an injection. *Opium* or *Acomite* are generally most suitable for the removal of the symptoms which appear after restoration is established.

APPARENT DEATH FROM LIGHTNING.

If a person is struck by lightning and rendered insensible, put him at once into a freshly made opening in the ground in a half sitting position, facing the sun, and cover him all over with fresh ground. As soon as he moves his eyes place a few globules of *Nux vomica* upon his tongue; this remedy may be used as an injection, ten or twenty globules dissolved in half a tumblerful of water. If you cannot put the patient in the ground, place him in a current of air, and dash plenty of cold water over his face, neck and chest. Complaints following restoration are removed by *Sulphur* and *Nux vomica*. For blindness give *Phosphorus*.

APPARENT DEATH AND OTHER INJURIES FROM INTENSE COLD.

A person apparently dead from being frozen should never be carried into a warm house, for the transition from the cold to even a moderately

warm room may kill him. A cold room or barn without any draught is the best place, remove the patient with care, lest an injury be done to the stiff, frozen limbs. If you have snow, cover him with it, face and all, leaving only the mouth and nostrils free; the body should be placed in such a position that the melted snow can run off easily. If there is no snow put him in a cold bath, or cover him with clothes wet with ice-cold water. In this manner thaw the body until all parts become perfectly pliable, then remove the clothing gradually. When the limbs have become soft and pliable rub them with snow or ice-cold water until they become red; then place the patient in a dry bed and rub him with flannel, stockings, etc. Dr. Hall's method of inducing artificial respiration may also be tried, as explained before. If he gives no signs of returning life give him a small injection of camphor and water, a few drops of spirits of camphor to a tumblerful of water, it may be repeated after fifteen minutes. As soon as he revives give an injection of coffee without milk, and as soon as he can swallow give him strong black coffee by the spoonful. It

will sometimes take hours to restore life, and persons have been saved who had been apparently dead from cold for several days. For the violent pains which are sometimes felt afterwards, give two or three globules of *Carbo vegetabilis* every 5 to 6 hours, and if no better soon, *Arsenicum* in the same way. For heat or pains in the head give *Aconite*, two or three globules every 4 to 5 hours. If the patient wants wine or brandy give it to him in small quantities; he should avoid the heat of the stove or fire for a considerable time.

If from the effect of cold the nose, the ears or fingers turn white, rub them at once with snow or ice water to restore the circulation, and avoid the sudden change from the cold to a warm room. If your feet or hands have been frost-bitten, put them in a very cold bath, rub them well, and avoid a warm room for some time afterwards.

SEA-SICKNESS.

The cause of this distressing complaint is undoubtedly the motion of the ship, the pitching as well as the rolling of the vessel; by the former we understand the alternate rise and fall of the stern and bow, by the latter the motion from side to side; one may become sea-sick as soon in a calm, before the waves, raised by the previous storm, have subsided, as in a violent storm. The pitching and rolling being much less in large and in heavily laden vessels, people are less affected with sea-sickness in such vessels.

The motion of a vessel causes the same symptoms as other unusual motions on land, such as swinging, rocking, riding backwards in a carriage, turning around quickly. In sea-sickness the symptoms are much more severe, owing to the continued and unavoidable operation of their cause.

Nausea and disgust at the sight or even the thought of food and uneasiness in the stomach, are

sometimes preceded or accompanied by vertigo or headache; sickness of stomach and vomiting soon follow. The vomiting is often exceedingly distressing, with convulsive heaving of the stomach, causing the patient to groan. There is always a general feeling of wretchedness and prostration, becoming in some cases so great as to make the patient utterly indifferent to everything around him and even careless of his life. Almost all cases get well immediately after landing. In those very rare cases which resulted in death, there was probably a previous disorder, increased or called into action by the sea-sickness.

Some persons are never attacked by sea-sickness, others on every voyage, some only on the first one. With some it lasts a few hours or days, others are sick during the whole voyage, or become sick whenever the vessel commences to pitch or roll. Infants and very old persons are said to be attacked by it rarely, and women sooner than men.

Treatment.—It has been recommended to take, just before commencing the voyage, a heavy, substantial meal, with a glass of good wine or brandy;

no person should commence a sea-voyage with an empty stomach. A tight girdle around the abdomen is another preventative advised by seamen. On a very short voyage, and with susceptible persons, lying down near the centre of the vessel, and keeping the eyes closed, will often lessen or prevent sea-sickness. But it is better to follow the following rules: From the first make up your mind *not to be sick*, fix your mind upon something that will interest you, be as much as possible on deck in the open air, do not lie down, eat as often as you can, raw salt oysters are particularly acceptable to the stomach.

Lord Byron says in his "Don Juan":

> The best of remedies is a beef-steak
> Against sea-sickness; try it, sir, before
> You sneer, and I assure you this is true,
> For I have found it answer—so may you.
>
> CANT. II., 13.

Persons who are about to make their first voyage, or who know by experience their liability to sea-sickness, should take a dose of two or three globules of *Nux vomica* on each of the two last nights before sailing, it will greatly modify and often entirely

prevent sea-sickness. If subsequently any preliminary symptoms come on, one or two globules of *Nux vomica* may be taken every few hours; if it gives no relief take one or two globules of *Opium*, repeat it whenever the symptoms increase. Nausea and vomiting are relieved by *Cocculus;* much pain in the pit of the stomach by *Petroleum;* severe headache, with longing for sour drink or food, by *Sepia*. For fruitless retching upon an empty stomach, with or without great bodily and moral prostration, take *Arsenicum*. Of these remedies you may either take one or two globules every 2, 3 or 4 hours, or you may dissolve ten to twelve globules in 6 spoonsful of water and take a teaspoonful at a time. As soon as the sickness of the stomach has subsided and there is a desire for food, take a cup of coffee without milk. For the giddy, unsteady feeling, often experienced after a long voyage, take *Bryonia*.

DUST OR CINDERS IN THE EYE.

In railroad travelling it frequently happens that dust or cinders get into the eye, causing

sometimes troublesome irritation and even inflammation. Rubbing the eye with the fingers is worse than useless; washing with cold water will generally remove these substances, but if it fails to do so, examine the eye closely by drawing the eye-lids apart or everting them. In order to evert the upper eye-lid, take hold of the eye-lashes with thumb and fore-finger of one hand, and press a pencil or similar substance, held in the other hand, upon the upper part of the eye-lid, directing the patient to look downwards. The readiest way to remove the foreign substance is by means of a small piece of blotting paper, the corner of a newspaper, for instance, rolled up in such a way as to have a fine, soft point; the foreign substance will adhere to it readily; the corner of a handkerchief may be used for the same purpose but is not so handy. If the eye is red and painful after the removal of the irritating substance, or if you do not succeed in removing it, take two or three globules of *Aconite*, if no better in a few hours repeat the dose; application of cold water may be made at the same time.

CONSTIPATION.

Travelling causes frequently constipation of the bowels, which sometimes lasts for days after the end of the journey. *Platinum* is the chief remedy in such a case, and especially if only a small quantity of feces is evacuated after much straining, with weakness in the abdomen, bearing down and oppression of the stomach and ineffectual efforts to throw up wind, followed by shuddering over the whole body. Give two or three globules of it at night, it may be repeated the next morning. If there is an inclination to evacuate, but a feeling as if the anus were closed, pressure in the stomach and abdomen, throbbing in the abdomen, thirst, congestion of the blood to the head, head-ache, red face, give *Opium* in the same way.

DIARRHOEA,

If caused by a change of water, and particularly by lime-water, is relieved by *Pulsatilla*, ten or twelve globules dissolved in 6 spoonsful of water, a spoonful after every evacuation.

NAUSEA AND VOMITING

From riding in a carriage or railroad car is relieved by *Cocculus*, two or three globules may be taken as soon as the first symptoms appear, to be repeated whenever it gets worse again.

POISONING.

In every case try to get the aid of a physician as quick as possible. In his absence treat the case according to the following rules.

The two principal objects in the treatment of cases of poisoning are:

1st. To expel the poison, if introduced into the stomach, or to remove the patient at once from its influence if the poison is foul air or deleterious gas.

2d. To neutralize or counteract the effects of the poison by proper antidotes.

TREATMENT IF THE NATURE OF THE POISON IS NOT KNOWN.

Do not lose your presence of mind, act promptly, deliberately, and not at random. Send for the

following articles: Hot water, vinegar, sugar, milk, butter, eggs, sweet oil, soda, pot-ash, or wood ashes, castile soap, salt and water, and have strong coffee made. If the patient vomits, promote it by the free administration of warm water, or warm water and butter; if he does not vomit, but there is any inclination to it, or retching, or the slightest suspicion of any poisonous matter being in the stomach, vomiting must be produced by warm water, mustard, salt and water, (a tablespoonful of mustard, and a teaspoonful of salt to a tumblerful of water,) by putting the finger down the throat, tickling the throat with a feather, or putting snuff upon the tongue. If children will not take the emetic voluntarily, the mouth must be opened by force to pour down the emetic.

Emetics of sulphate of copper or zinc, or tartar emetic, may prove very dangerous in cases you do not know the kind of poison taken, because the emetic may be of the same nature as the poison, or the emetic may not cause vomiting, but remain in the stomach. If the patient's teeth are closed tightly, if he cannot swallow anything, or if other

efforts to make him vomit have failed, *injections of tobacco smoke* should be made. In the absence of a proper apparatus use the common tobacco pipes, fill one with tobacco, light it, use the stem (greased) like the point of an injection-pipe, put the bowl of the other, empty pipe, on the bowl of the first, and blow into the stem of this latter. After blowing four or five times stop; if no vomiting is produced, blow again until the desired effect is obtained. A lighted cigar has also been used for the same purpose. The last resort in such cases is the *stomach pump*, with which the stomach cannot only be emptied but even washed out, by alternately letting in and pumping out warm water.

The matter thrown up should be kept to ascertain the nature of the poison, and if there should be any suspicion of foul play, everything vomited should be put into a large vessel, and plenty of alcohol or strong liquor poured over it to keep it for examination. Continue to excite vomiting until you can reasonably suppose that the whole contents of the stomach have been thrown up; make during this time the greatest exertions to

ascertain the nature of the poison by asking the patient and persons about him, examining the matter thrown up, and what may have been left from the patient's food or drink.

If you still do not know the poison, and if the patient has violent pains in the stomach or bowels, with an inclination to purge, if he has a metallic, coppery or salt taste in his mouth, if he vomits red or green colored substances, give him *the white of several eggs*, beaten to a froth, and water, let him drink as much of it as he can. *Sugar and water* may be given under the same circumstances.

Give strong, black *Coffee* if the patient is stupefied, sleepy, senseless, giddy, his face red and full or pale and cold, or if he is raving. *In all cases of poisoning give Coffee if the patient wishes it.*

If white of eggs gives no relief, or if the matter vomited smells not like lye, but sour, give *soap suds*, made, if possible, of white castile soap and warm water, any other soap must do in case of necessity; let the patient drink a cupful every 3 to 4 minutes If the matter vomited smells like lye, give *Vinegar* and water. In similar cases *sour milk* or *lemonade* may be given.

TREATMENT IF THE POISON IS KNOWN.

In the following the remedies are enumerated according to their importance, to those named first should be given the preference if you have the choice, but the rule is to give what is first at hand.

Antimony, its salts, as Tartar emetic and Antimonial wine. Give a strong decoction of gall nuts, oak bark, strong black tea, strong coffee in large quantities, mucilaginous drinks.

Arsenic.—Induce free vomiting as quickly as possible by warm water, the finger, a feather, or mustard, one or two spoonsful in a tumblerful of water, or use the stomach-pump. Give mucilaginous drinks, such as linseed tea, flour and water, white of eggs and water, or soap-suds. The proper antidote is a preparation of iron, *the hydrated peroxide of iron*, which should be given as soon as it can be had, if you cannot procure it you may make the following substitute. Dissolve some sulphate of iron, called also copperas, or green vitriol, in hot water, dissolve some

soda or pot-ash in another vessel in hot water, and mix the two solutions, pour the thick mixture upon a piece of muslin or linen, spread over a pan, pitcher, or the like, and let the water drain off, pour over it hot water and let drain again; the thick matter, remaining upon the muslin, mix with enough water to make it of the consistency of thick gruel, and give to the patient a spoonful of it every 5 to 10 minutes until he feels relieved. If you cannot make this preparation give iron rust stirred into sugar-water. Calcined magnesia, rubbed up with water, is also a highly recommended antidote.

The patient should have mucilaginous drinks, as gruel, gum-water, etc., and his diet should consist of milk, cream, gruel, rice, farina, etc.

After the removal of the poison give 3 or 4 times two or three globules of *Ipecacuanha;* if the patient is feverish, very uneasy and irritable at night, give two globules of *China;* if he is worse during the day, constipated, or suffers from slimy diarrhœa, dissolve eight to ten globules of *Nux vomica* in 6 spoonsful of water, and give a spoonful every 3

to 4 hours. For vomiting, with heat or cold, and great weakness, give *Veratrum* in the same way.

Corrosive Sublimate.—Excite vomiting; *white of eggs*, beat up with water, is the best antidote, and next in importance sugar-water, starch boiled in water, flour paste, milk in large quantities. What is first at hand should be used at once, there is great danger in delay in this case.

Copper, Verdigris, and other preparations of Copper.—Excite vomiting; white of eggs, sugar water, milk, mucilaginous drinks. Magnesia has also been recommended.

Lead, Sugar of Lead and other preparations. Excite vomiting. Sulphate of magnesia, or epsom salts, dissolved in warm water, in large quantities; Glauber's salts, white of eggs, soap-suds, milk.

Nitrate of Silver, or Lunar Caustic.—Kitchen salt, dissolved in water, drunk in large quantities; mucilaginous drinks.

Chloride and other Salts of Tin.—White of eggs, sugar-water, milk.

Zinc, Salts of, as White Vitriol.—White of eggs, carbonate of soda, milk, mucilaginous drinks.

ALKALIES, *as Pot-ash, Soda, Caustic Pot-ash and Soda, Liquid Ammonia or Spirits of Hartshorn.—No vomiting* should be induced. Give diluted vinegar or lemonade, sour milk, mucilaginous drinks, sweet oil.

ACIDS.—*Sulphuric, Muriatic, Nitric, Phosphoric, Acetic, Oxalic,* (the last is the salt used for removing stains of ink or iron from linen). Warm soap-suds; magnesia (a spoonful in a cup of water,) after every fit of vomiting; powdered chalk, mixed in warm water; wood ashes, a spoonful in a tumblerful of water; soda, or pot-ash, dissolve as much as will lie upon the end of a table-knife in a large tumblerful of warm water; gruel, linseed tea, rice, etc.

Prussic acid.—This is the most rapidly acting poison. Let the patient smell spirits of hartshorn, or give it internally, one drop to a spoonful of water. Undress the upper part of the patient's body, and pour cold water down the spine from a pitcher held high; give as soon as possible strong coffee and use the same for injections.

OTHER POISONOUS SUBSTANCES.—*Bichromate of Pot-ash*, beautiful orange-red crystals. Excite vomiting; soap-suds, magnesia, mucilaginous drinks.

Iodine and its preparations.—Vomiting by a weak solution of soda; starch stirred in water, thin starch-paste, flour-paste, mucilaginous drinks.

Phosphorus.—Excite vomiting; magnesia stirred into water, mucilaginous drinks in great quantities. If chlorine water can be procured, stir one part of magnesia into eight parts of chlorine water, and let that be taken; a spoonful every 5 to 10 minutes.

Alum—Excite vomiting by great quantities of warm soap-suds or sugar-water, mixed with calcined magnesia.

Saltpetre.—Vomiting by warm water and butter, then mucilaginous drinks.

VEGETABLE POISONS.—*Opium and its preparations, as Laudanum, Morphium, etc.*—Induce vomiting by tickling the throat with a feather or warm water; the stomach-pump is still better; the best antidote is strong coffee, until that is ready give vinegar and water. If the patient lies

insensibly, drag him about the room between two persons, beat him hard upon the back until consciousness is restored. Artificial respiration by M. Hall's method, as stated before, should also be induced. Some apparently hopeless cases have been treated successfully by artificial respiration.

Stramonium, or Thorn Apple, or St. James' Weed.—Coffee, vinegar or lemonade in large quantities.

Poisonous mushrooms.—The poisonous effects do not appear until several hours after the mushrooms have been taken; the abdomen becomes much swollen, there is cutting pain in the stomach; vomiting and purging; coldness of the skin, small pulse, convulsions. Promote vomiting, give plenty of water, strong coffee; let the patient smell spirits of hartshorn.

For the intoxicating effects of otherplants coffee is the best remedy, taken as a drink and in injections.

For the accidents from plants which smell like *bitter almonds*, proving that they contain *Prussic acid*, resort to the same remedies as stated under Prussic acid.

The effects of *Poison oak* or *Poison vine* (different species of Rhus) upon the skin of some persons, should be treated by washing with soapsuds, and if that is not sufficient, by a wash of copperas, (sulphate of iron) in water.

The injurious effects from plants which have a pungent, milky juice, are cured by washing with soap and water, and afterwards with brandy.

ANIMAL POISONS.—*Spanish flies.* The best remedy, internally as well as externally, is the white of eggs and slimy substances, as gruel, linseed tea, etc. Afterwards smell camphor or take it internally.

Poisonous honey.—Smelling of camphor, and plenty of strong coffee or tea.

Poisonous fish and shell-fish.—If there is an inclination to vomit, promote it by warm water, etc. Give powdered charcoal in brandy, and afterwards strong coffee, diluted vinegar, or sugar and water.

Poison generated in fat or half-putrified meat. Symptoms: Heartburn and nausea, dryness of the throat, extending gradually to the mouth, nose

and even eyes; after some days cracking of the skin of the eye-lids, the sides of the nose and points of the fingers; voice hoarse; pulse weak and slow; hunger and thirst great, with inability to swallow; pupils of the eyes dilated; dimness of sight, or seeing double; abdomen tight, painful; constipation; finally stiffness of knees and feet. If, some hours after having partaken of suspicious fat or meat, as blood-pudding, liver-pudding, sausage, sour pork, bacon or ham, insufficiently smoked meat, one feels any of the above symptoms, he should at once use the proper remedies. If it is 4 or 5 hours after the meal, and there is an inclination to vomit, it should be promoted by warm water, if not it must be induced by artificial means. As soon as the stomach is empty, give vinegar diluted with water, or diluted lemon-juice; these fluids may also be used as a gargle and for washing the head. Occasionally a drop of oil of turpentine on a lump of sugar may be given, also coffee, or better strong black tea. Mucilaginous injections, with a little vinegar or lemon-juice, are very useful. Dissolve six globules of *Bryonia*

in 4 spoonsful of water, and give a spoonful every 2 to 3 hours. Afterwards *Veratrum*, *Phosphoric acid* and *Arsenicum* have been found useful.

Other animal poisons have been mentioned under Poisoned Wounds.

POISONING BY INHALING FOUL AIR OR GASES. Foul air, smelling like rotten eggs, is generated in places deprived of a current of fresh air, where animal matter is decaying. Such places should be purified by the burning of bundles of straw or shavings, or by a few shovelsful of quick-lime, or some chloride of lime. If a person has become insensible from inhaling this gas, he should be brought at once into the fresh air, plenty of cold water should be dashed over his head and breast; a sponge, or rag, dipped into a solution of chloride of lime, held occasionally before his nose. A teaspoonful of a very much diluted solution of chloride of lime in water, should be given to the patient every 5 to 10 minutes. Artificial respiration, by M. Hall's method, should be induced if necessary. If you have no chloride of lime, use vinegar and water instead. If the patient complains of cold,

inclination to vomit and to go to stool, give him coffee; if he complains of heat and weakness, some wine, or brandy and water. Smelling of camphor is often beneficial.

Another gas is generated in deep wells, vaults, or lime-kilns, which does not smell, but makes a person who inhales it sleepy, giddy, and lastly senseless. Bring the patient into the fresh air, sprinkle his face and breast with cold water and vinegar, and give coffee. Induce artificial respiration if necessary.

Gas from charcoal or smouldering wood is a very dangerous poison, the more so, as persons exposed to its influence and knowing the danger, are yet so feeble that they cannot open windows or doors, or call for assistance.

The patient should be exposed to the fresh air, his face and breast sprinkled with vinegar and water. If his face is red, and he begins to rave, apply ice-cold water to his head and warm applications to his feet. Give strong coffee. Afterwards give two or three globules of *Opium*, if worse again another dose, but if not much better in a few hours, *Belladonna* is better.

Chlorine gas.—The best preventative of the bad effects of the vapor from chloride of lime is smoking of tobacco; taking a piece of sugar with a few drops of wine, alcohol, or spirits on it, into the mouth, is also useful. If the gas has been inhaled and caused pain in the throat and chest, a feeling of suffocation and cough, let the patient smell sulphureted hydrogen, the gas smelling like rotten eggs, which rises from a privy.

Most kinds of bad odors, which are sometimes unavoidable, as in some sick-rooms, can be removed very effectually by *the vapors of roasting coffee.* You can either carry a coffee-roaster with roasting beans about the room, or heat a common fire-shovel over a fire, put upon it some raw coffee beans, and carry the shovel about the room as soon as vapors are seen to arise from the beans. These vapors are much more effective in destroying bad smells than chloride of lime, which is, besides, injurious to many persons; they are infinitely superior to perfumeries, smelling salts and similar stuff, which only *conceal* the bad smell but do not *destroy* it. *The vapors of roasting coffee beans destroy* the bad odors.

INDEX.

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